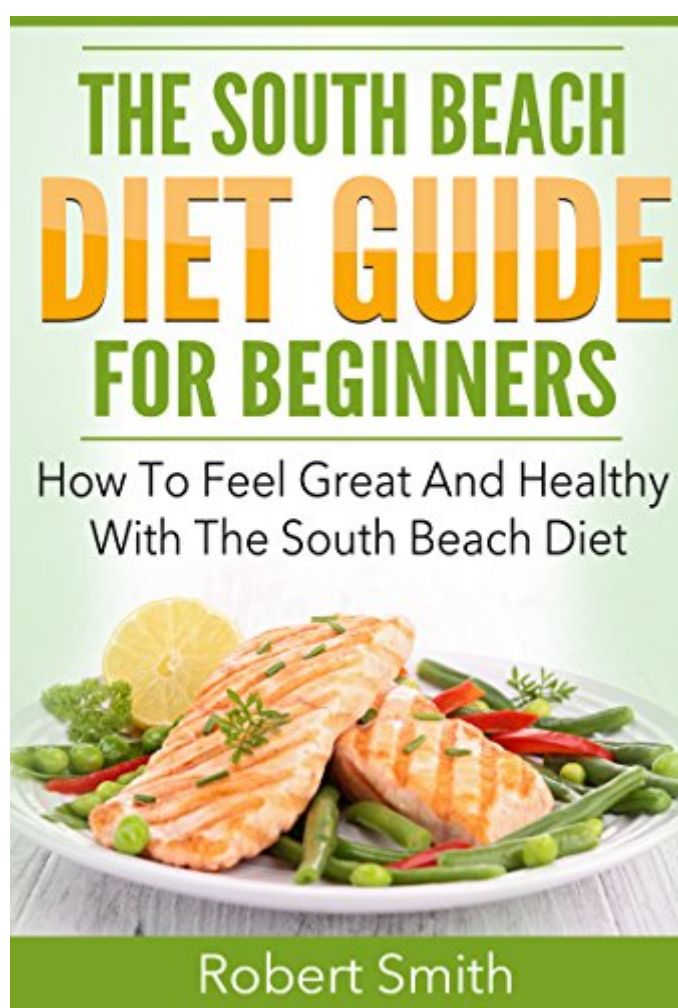


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# South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet



## Synopsis

A healthy lifestyle is just a quick read away, get the body you deserve to have! Get started with the South Beach Diet today and your physical well-being will improve drastically over the next few weeks. A simple and effective guide that will enable you a healthier lifestyle. This book is for everyone who's tired of counting calories and feeling hungry and fatigued. The South Beach Diet is one of the more popular diets for a reason: it works. In this book you will find out what the South Beach Diet exactly is, how you get started and - most importantly - how you succeed. I've also got you covered with a few simple recipes, to enable you a smooth adaption of the South Beach Diet into your daily routine. Download your copy today! Take action today and download this book, you won't regret it!

tags: south beach diet, diet, dieting, weight loss, weight maintenance, fat loss, nutrition, exercising, food, eating habit, eating, health, lifestyle

## Book Information

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## Customer Reviews

Get the original book by Arthur Agatston. That book has much more information, better recipes that include how many the recipes serves, which this book does not include. The recipes included for the

first phase seem to be the same as the Agatston recipes. The recipes included for the second phase don't include much protein. Even if you were a vegetarian, they wouldn't make an adequate and balanced meal. I feel totally ripped off after having bought and read this book. Don't let those five star reviews fool you.

Very good read now that i am doing SBD i can fully understand the way the body works, also some excellent recipes and tips for going South Beach. I really enjoyed this book. Thank you for the learning experience and explaining very simply what it is all about and how well it works

I ordered several of these SB cookbooks for my mother-in-law who is under cancer doctors care to lose weight. She loves them and has began dropping pounds while recovering from breast cancer. I am now ordering them for myself.

The author had some great insight into The South Beach Diet. I had never really paid attention to it myself but I thought I would give this book a shot being a beginner and it taught me a lot. I tend to not be the best dieter but the things I learned here, i hope, will help keep me on the path. I would even recommend it to those who think they have the South Beach diet all figured out. Never a bad thing to keep getting new information.

I really love this book because it explains everything you need to know simple and easy. It isn't filled with stuff you don't need. Just a perfect kickstarter in the Southbeach lifestyle. I didn't waste any time after reading this book because it covered everything I had to know, it even comes with meal plan suggestions for the first days. Thank you very much Robert Smith

Love the combination of old info with new. This is a great asset to a diet I've done a few times over the last 10 years.

What a great book to learn from and be inspired from when starting out on this diet. An informative read!

If you are starting on South Beach, this is a wonderful resource! Great explanations about how the South Beach plan works along with good ideas for good foods to eat. Love it!

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